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*Welcome to the 10th issue, Volume 2, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

Foundation News & Updates

*All Foundation News and Updates can be found on the foundation website.
There are new blogposts, please visit our blog here*

Conscious Living

*The Fundamental Things **

Cultivation of Awareness: Being in the present moment.

Man is habituated to either living in the past or projecting the future. He does this because he identifies with the mind. The mind exists only the past or the future. In the now, there is no mind. When one is fully present in this moment, there is peace. Just this moment, just this breath is enough. This is awareness.

*What is awareness? The english dictionary gives several synonyms and antonyms of awareness. However, words in themselves are not enough. Words and symbols are an approximation of the idea being conveyed.**

To know awareness is to experience it. The senses are windows into awareness, but

true awareness is experienced deeply only in silence, in meditation.

"Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action. Walking can be meditation if you walk alert. Sitting can be a meditation if you sit alert. Listening to birds can be a meditation if you listen with awareness. Just listening to the inner noise of your mind can be a meditation if you remain alert and watchful." ~ Osho

** Synonyms and Antonyms of Awareness*

- *consciousness: The definition of consciousness is the state of being awake, alert to what is going on around you, or aware of feelings.*
- *sentience: Mere awareness or sensation that does not involve thought or perception*
- *mindfulness: Inclination to be mindful or aware*
- *realization: The act of realizing; the act of making real.*
- *cognizance: The definition of cognizance means the range of what one can observe and understand, or the right to deal with a legal case in the court system.*
- *comprehension: Thorough understanding*
- *alertness: The quality of being alert or on the alert; briskness; nimbleness; activity.*
- *discernment: The power of discerning; keen perception or judgment; insight; acumen*
- *aliveness: The state of being alive; exuberance, intensity.*
- *perception: Insight or knowledge gained by thinking:*
- *information: A person or agency answering questions as a service to others*
- *apprehension: Apprehension is defined as when you are nervous and scared about something or about what might happen.*
- *appreciation: Accurate perception; true estimation; as, an appreciation of the difficulties before us; an appreciation of colors.*
- *experience: The knowledge or skill so derived.*
- *knowledge (related): (Countable) Something that can be known; a branch of learning; a piece of information; a science. [from 16th c.]*
- *ignorance (antonym): The definition of ignorance is being unaware, uneducated or unknowledgeable.*
- *unawareness (antonym): The state of being unaware*

- *unconsciousness (antonym): Ignorance or innocence; the state of being uninformed or unaware*
- *insensitivity (antonym): The condition of being insensitive*
- *sense: A sense is defined as a way that the body perceives external stimuli, or is an awareness or feeling about something.*
- *cognisance: Alternative spelling of cognizance.*
- *knowingness: The quality or state of being knowing*
- *sensibility: The capacity for physical sensation; power of responding to stimuli; ability to feel*
- *keenness: Astuteness or sagacity*
- *attentiveness: The state or quality of being attentive.*
- *acquaintanceship: The state of being acquainted; acquaintance.*
- *recognition: The act of recognizing or the condition of being recognized*
- *obliviousness (antonym): The characteristic of being oblivious.*

Philanthropy

Notable Philanthropists: Revisiting Chuck Feeney

Forbes Exclusive: The Billionaire Who Wanted To Die Broke . . . Is Now Officially Broke (and couldn't be happier) by Steven Bertoni

<https://www.forbes.com/sites/stevenbertoni/2020/09/15/exclusive-the-billionaire-who-wanted-to-die-brokeis-now-officially-broke/>

John Earl Fetzer (1901-1991), founder of The Fetzer Institute sold his media holdings and Detroit Tigers to fund the institute.

From the Fetzer Institute about the founder:

"The interests that shaped John Fetzer's life are the seedbed for the questions that define the work of the Fetzer Institute: How can the secular and sacred elements of life be better integrated? How can the insights of science and the power of technological innovation be utilized to explore the capacities of the mind and spirit? How can the wisdom and insight gained through inner exploration be used to better our individual and collective wellbeing? And how can the entrepreneurial spirit and

financial resources gained from the American business sector be used in the service of creating a better world?"

Arts Endowment from Ford Foundation

Ford Foundation fund to award an unprecedented \$160 million to minority arts groups

https://www.washingtonpost.com/entertainment/theater_dance/ford-foundation-160-million-grant-to-minority-arts-groups/2020/09/23/68093dfe-fd9f-11ea-b555-4d71a9254f4b_story.html

Business Insights*

Fundamentals of Being in Business

Business Ideas:

The basic business model is that which has the shortest distance between the producer and the consumer. Most big businesses started this way.

Business Trends: Dropshipping

Success stories in Dropshipping from Oberlo. On this blogpost in Oberlo, there are a few Success Stories.

*Commentary**

**The following articles may be of interest:*

1. On Mental Focus by a Chess Grandmaster

<https://www.cnbc.com/2020/09/17/chess-grandmaster-maurice-ashley-mental-strategy-for-focus-stamina.html>

2. On Money and Happiness

<https://www.cnbc.com/2019/05/13/i-took-yales-most-popular-class-ever-and-it-completely-changed-how-i-spend-my-money.html>

3. On Creating and Selling a Digital Product

<https://entrepreneurshandbook.co/how-to-create-sell-the-perfect-digital-product-to-fit-your-audiences-needs-de1bb8d63355>

**Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.*

Fundraising Announcement

Donate Indirectly

*AmazonSmile Fearless Hearts Foundation link **

Fearless Hearts Foundation is now registered with Amazon Smile.

If you shop at Amazon you can donate indirectly to Fearless Hearts Foundation by shopping via Amazon Smile. For eligible purchases, Amazon will donate 0.5 % of your purchase price to Fearless Hearts Foundation, at no cost to you.

When customers sign up for AmazonSmile, they're asked to select one of over a million charities to support. When customers click on FHF's unique link, you skip this charity selection process.

Instead, you're taken to smile.amazon.com and are automatically asked if you want to support Fearless Hearts Foundation.

*FHF's unique charity link on Amazon Smile:
<https://smile.amazon.com/ch/47-1797673>*

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